

ECK WISDOM

*on*

# Conquering Fear

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Excerpts

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## WHERE FEAR COMES FROM

What is this life all about? I would have to say it's about fear and how to overcome it.

You have a job, you're afraid of losing your job. You have health, and you're afraid of losing it. Your child is sick, and you're afraid your child won't get any better. Will you have enough to feed your family? These are all fears. The experience in this world seems to be total fear.

When fear is a dominant player in your life, it steals the joy and freedom of living.

Hidden fears—stacks and stacks, piles and piles of them—reside in each human being. What is their origin? Many fears developed before your birth into this lifetime. Each human being carries a history of hundreds or thousands of past lives. That allows plenty of time to hurt others. And it also gives them a chance to hurt you. Get hurt enough in a certain way, and you cringe from the mere thought of that sort of pain.

People are not born equal. At birth each brings a unique load of karma.

But most people have no idea how to work it off. How many even know it exists? And so they cower inside their coat of flesh, too afraid to live and too scared to die. They desire heaven; earth is a hell. Yet they fear the passage to heaven, because the passageway is death.

It's the mother of ironies.

Yet occasionally there come these little beams of light, sunshine shining into our lives. And this is the love of God. When we can fill ourselves with this love of God more and more, finally there is no room in our heart for the darkness of fear.

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## A DREAM SHEDS LIGHT ON FEAR

Janice, let's call her, kept a kennel for cats. People who were going on vacation brought their cats, and she took care of them. She loved cats and built very big cages for them. Her business cards had mottoes like "We love cats" or "Love is everything."

The kennel gave the cats a lot of space and a lot of freedom. The cats were happy; they were happy to go home when their owners came back, or they would have been happy to stay. Life was pretty good for the cats.

Except for one cat named Busy. Busy was a good cat. But whenever Janice would walk out of the room, Busy would begin to cry.

Cats can really make a racket if they decide to cry, like some people crying to God. No one could stand it when Busy cried and cried and cried.

By about the fifth day, Janice's roommates were going crazy with the noise. They'd go out to eat just to have some peace and quiet. But the cats were stuck. Blessed little love remained in this once-peaceful refuge. What could Janice do?

Soon even she lost patience, a surprise because Janice is a heart person, full of love. But Busy's crying had shattered all peace and harmony.

Finally, she turned the matter over to the Mahanta, the inner side of myself. “Mahanta,” she said, “I can’t do anything. If you or any of the other ECK Masters can help, please do something. The cat’s driving me out of my mind.”

That night Janice had a dream. In her dream, she saw Prajapati, the ECK Master who takes special interest in animals. Prajapati came up to Busy, picked up the cat, and began petting it.

As he petted the cat, a golden heart appeared on Busy’s chest. Busy loved the attention and quieted down.

All this happened on the inner planes, in the dream state.

The inner worlds of dreams are as real as this outer physical world. And there’s a definite connection between them. Sometimes, if things aren’t working right out here, instead of enduring years of karma and trouble, you can get things back on track via a dream. But it takes a certain knowledge to reach the inner worlds.

Here’s how: sing the love song to God, HU. In due course, the Mahant will take you to the outer worlds.

The Mahanta may give an experience where you gain an insight either to change your conditions or improve your inner self. Sometimes such an adjustment in the invisible worlds is all that’s required to make things work better in the physical world.

Soon other ECK Masters appeared in Janice’s dream. Busy was happily running back and forth from one ECK Master to another, enjoying all the attention and petting.

Rebazar Tarzs, an ECK Master who used to serve in Tibet, picked Busy up. “Busy, let’s go for a little walk,” he said. And he took the cat to a dark cave that was nearby.

When they came to the entrance, Rebazar said, “Busy, this is a cave, and we’re going inside. It’s very important for you to see and understand what this cave means to you.” They walked on inside and saw a deep pit.

Rebazar explained that the cat had walked by such a pit on the physical plane in a previous life, fallen into it, and cried to get out. No one could hear its cries deep in the cave. So the cat had perished.

This terror had stayed with the cat into this present life. It was the source of Busy’s fear of being alone. As Rebazar explained it to the cat, the golden heart on Busy’s chest began to shine, casting light about them.

“How would you like to explore the cave?” Rebazar asked the cat. In other words, explore the source of your fears?

Busy became like an ordinary cat, very inquisitive. They walked through the cave, and the Light of God came through the golden heart and lit up the pitfalls, holes, and other dangers.

The next morning when Janice went to see Busy in the kernel, the cat was quiet. She had seen in her dream what happened to the cat on the inner planes. And from that time on, Busy never had the crying problem again.

Rebazar and the other ECK Masters had brought about the healing. No small thing to accomplish with a cat. Anyway, Busy's old karma was gone.

The inner Master can meet you in your dreams, speak to you, and give all the spiritual direction you need.

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## QUESTIONS AND ANSWERS

As spiritual leader of Eckankar, I get thousands of letters from seekers of truth around the world. All want direct and useful answers about how to travel the road to God. I reply personally to many of these letters.

Here are several questions I've been asked about different kinds of fear and how to conquer them. Read on for clues that may help you too.

### Afraid of Losing Love?

*When a relationship starts to spiral downward, I panic. I can't bear to see all the time and love I put into it be for nothing. Why do I experience this turmoil? Why can't I let go more easily?*

The turmoil of lost of affection you are experiencing is actually Soul's desire for God. It makes you almost panic when a relationship goes other than what one could rightly expect from it. There is a lesson in all this, which is simply for us to trust the ECK, Divine Spirit, to bring us the conditions that are for our best advantage.

I wonder if it's ever possible to get complete security in the lower worlds, due to their impermanent nature. Every time we seem to have the world going our way, something comes up to upset our plans and leaves us in an emotional upheaval.

When a relationship with a dear one ends for whatever reason, the Holy Spirit already has something to replace it.

The interval in which we wait is the difficult one, where our hearts cry out for understanding. When it doesn't come at the very instant of our need, we rush about in a blind fury, as if that will make things better. Please remember that the Mahanta is always with you, even in the darkest of times. We tend to forget that, remembering his presence only when things are on a steady keel.

The Holy Spirit is already working things out for you at this very moment. But it's not possible to say that everything will remain smooth for you from now on.

The nature of life is to face us with ourselves, until we are able to handle the problems that knocked us into the dirt yesterday.

The higher you go into the states of consciousness, the greater will become the problems you encounter. This life on earth is a golden opportunity for Soul to make important strides toward Its goal of self mastery. Although the way may be hard at times, know that the Mahanta is as near to you as your heartbeat.

Your spiritual goals are at the right place, for you strive to do the best in all things. A reminder is the power of the spiritual exercises to give you a strong aura that cannot be easily broken by outer events, which will always try to pull you from the love of ECK.

### **Afraid of Death?**

*I'm eighty-seven years old and not a member of Eckankar. I am asking if you could help break the terrible fear of death, I've carried with me since childhood. I want to have this burden gone forever and the assurance that someone will meet me when my time comes. I want it to be the beautiful experience it was meant to be.*

Please be assured that your loved ones will meet you on the other side, so there's no reason to hold on to your fear.

If you'll keep in mind that love and love alone is the reason for living, it will calm your heart and free you from your worries. And, of course, I am always with you in my spiritual self.

### **Afraid to Go beyond Yourself?**

*When fear stops you from continuing a Soul Travel experience, can you overcome that fear?*

First of all, I'm glad to see you using the word *continuing*. It means you have at least had a little experience with Soul Travel.

You are right, it is only fear that stops us from progress with soul Travel. What happens when you love someone or something with your whole heart? Right, fear is pushed out of your mind!

Therefore, can you go into contemplation by putting a thought into your heart about something you did once that made you happier than you'd ever been before? Then take with you the thought: *I love God with all that is within me.*

I hope this will help you get over your fear. It is quite a natural thing, but you will see it growing less powerful as you keep on with the spiritual exercises.

### **Afraid of Change?**

*Although I have a great love for the ECK, there have always been times of uncertainty and fear of change. Sometimes I fear that, even with all my hope, love, and dedication, I might fall. I do not want to fail myself or God. Where is the assurance that we can be guided back if we go astray?*

Your concerns about failing to reach God-Realization are well taken. Life is uncertain, especially when we use outer signs to judge our inner state of consciousness.

There never can be failure in our quest for Divine Awareness if we absolutely fix our complete attention upon the sound and Light of God. The trouble comes when we slip off our spiritual center and become concerned with outer relationships—and then let this concern reflect back into our inner worlds and distort our spiritual reality.

No matter what outer events arise to throw us off our spiritual center, we must return to the Sound and Light. We must lock on to them as the only things we can trust.

Life is acknowledged to be a stormy sea. Yet so often when the boat rocks, we fly into a panic, as if a boat shouldn't rock in a storm.

The storms of life separate the cosmic sailors from the meek landlubbers. Look always to the Light and Sound of God within you, and you will always sail the cosmic sea.

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## **A Spiritual Exercise to Help You Conquer Fear**

Truth reveals itself through the Light and Sound of God. Whether it comes to you through an animal, by another person, or straight from the Holy Spirit as Light or Sound, it comes with love.

Many people want to know how to get rid of fear. Fear isn't something you can be talked out of. The secret of getting rid of fear is to open the heart center.

In a heart full of love, where is there room for fear?

Love dispels fear.

In contemplation, visualize the golden Light of God coming into your heart center, coming in so quietly and gently that you may not realize It's there. Imagine your heart center reacting like the pupil of an eye, opening gently to allow more Light to come in.

There is a way for each person to control the opening of the heart center and the flow of Light within. Ask the Inner Master how to maintain the inner connection with the ECK (Holy Spirit) to find a balance that is right for you.

You are also welcome to sing *HU*. It is a love song to God and can be sung by anyone of any faith. You've seen its power demonstrated in some of the stories in this book. Singing *HU* as a nondirected prayer can instantly open your heart to divine love, and fear will flee.

Knowledge, wisdom, and understanding are only the attributes of God. But when you have love, you have the whole thing. We seek first the highest, most divine, most sacred part of something which is nothing other than our own inner being. And with this come the attributes of God and the spiritual liberation, which is something no baptism can ever bring.

When you ask for truth with a pure heart, Divine Spirit will take you one step closer to coming home to God.

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